

PROGRAM 3

Under 6 Girls	Under 6 Boys	Under 7 Girls	Under 7 Boys	Under 8 Girls	Under 8 Boys	Under 9 Girls	Under 9 Boys	Under 10 Girls	Under 10 Boys	Under 11 Girls	Under 11 Boys	Under 12 Girls	Under 12 Boys	Under 13 Girls	Under 13 Boys	Open Girls	Open Boys
Warm UP																	
OnTrack	OnTrack	Shot Put (SP2)	Shot Put (SP3)					100m	100m			800m Back	800m Back	Javelin (JV1)	Triple Jump (JP4)		
				100m	100m	100m	100m			800m Back	800m Back	800m Back	800m Back				
				Long Jump (JP1)	Long Jump (JP2)	Discus (DS1)	Discus (DS2)	TurboJav (TJAV1)	TurboJav (VT1)	Long Jump (JP3)	Shot Put (SP1)	High Jump (HJ1)	High Jump (HJ2)			Javelin (JV1)	Triple Jump (JP4)
100m	100m	400m Back	400m Back											400m Back	400m Back		
		100m	100m														
Shot Put (SP2)	Shot Put (SP3)	OnTrack	OnTrack					400m Back	400m Back			100m	100m	Triple Jump (JP4)	Javelin (JV1)		
				400m Back	400m Back	100m	100m	100m	100m	800m Back	800m Back	100m	100m				
60mH Back (20cm Height)	60mH Back (20cm Height)			Shot Put (SP4)	Shot Put (SP5)	Long Jump (JP1)	Long Jump (JP2)	Scissor Jump (SJ1)	Scissor Jump (SJ2)	Shot Put (SP1)	Long Jump (JP3)	Shot Put (SP3)	Shot Put (SP2)			Triple Jump (JP4)	Javelin (JV1)
60mH Back (30cm Height)	60mH Back (30cm Height)	100m	100m											100m	100m		
		70m Back	70m Back														
								70m Front	70m Front								
										70m Front	70m Front	70m Front	70m Front				
				70m Front	70m Front									70m Front	70m Front	70m Front	70m Front
Wrap UP																	